

Title:	Injured workers at risk of poor recovery: who recovers, who doesn't?
Issue/Rationale:	Although most injured workers recover well and return to their usual employment, a small but fiscally important group of workers experience poor recovery. In order to improve our knowledge of how to intervene with these injured individuals, we need to better understand factors, especially potentially modifiable factors that predict recovery and return to work. This proposed research seeks to understand one such factor, coping. How an individual copes with their injury and pain related to this injury can have a significant impact on how long the person is away from work and can affect whether returning to work will be possible.
Objectives:	The primary objective is to contribute to the growing body of literature on prognostic factors for recovery in workers with musculoskeletal pain/injuries, and who are identified as "at risk" for prolonged recovery.
Anticipated Results/Impact:	Most of the prognostic factors for recovery in musculoskeletal conditions are not easily amenable to change, and cannot easily be targeted for intervention endeavours. For example, poor health and a previous history of neck pain problems predict how rapidly a worker will recover from an episode of neck pain – these may be potentially preventable, but they cannot be modified to improve recovery from that episode. Even so, this kind of information can still be useful, in that it can help us more accurately predict the likely course of recovery, can help the individual and other stakeholders to have realistic expectations, and can assist us in identifying those at risk for slowed recovery from musculoskeletal conditions. However, even more importantly, identifying and understanding the role of <i>modifiable</i> prognostic factors can form the basis for developing effective and timely management strategies.
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